



## The impact of Porn on Humans

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### Abstract

Sex is a natural phenomenon, it cannot be avoided. But, extreme of anything is detrimental. Sex should be enjoyed in natural way as needed for humans, but not like animals. In western culture porn is treated sinless, but in Indian culture, it is related with sin. If anyone go through holy scripture of any religion or follow human nature, one will find a healthy view of sexuality where one honor one another rather than consume each other. Viewing porn materials corrupts and pollutes our brains as it attempts to make sense of humanity's sexual nature. Even, porn wrecks sex life. Here an attempt has been made why modern day access to porn materials is different than in previous generations and what are negative consequences by the exposure of pornographic materials. How these porn materials impact on the human brain and psych. The teaching of porn is that physical need is above all, earn pleasure whenever you want. Your relationship is nowhere.

**Keywords:** *Porn materials, humans, impacts.*

### Introduction

The word pornography was derived from the ancient Greek words *pórnē* "prostitute" and *porneía* "prostitution", and *gráphein* "to write or to record". Thereby, pornography stands for a written description or illustration of prostitutes or prostitution. During eighteenth century, the word *pornographie* was in use in the French language for writing about prostitutes. Though, earlier the word was non offensive but in due course the same word has expanded in form of objectionable or obscene material in art and literature. Pornography is often abbreviated to *porn* or *porno*. Porn is the portrayal of sexual material for sexual arousal. Sexual materials are presented in form of pictures, drawings, paintings, sculpture, animation, audio and video games, GIF and films.

In the eyes of different cultures and laws of different countries, portrayal of porn materials has different meanings. Some consider depiction of sexual materials as crime, immoral attitude or offence. Laws of some countries censor and take legal action against possession, portrayal or publication of porn materials. Western countries are more tolerant about presentation of sexuality.

Gallagher (2010) researched that over 26 million sites are dedicated to porn materials and the internet has opened new ways of accessing pornographic materials. He has studied that at any moment around 29000 people watch porn sites around the world.

Porn materials watching among youngsters muddles them amid that formative stage when they need to figure out how to deal with their sexuality and when they are most helpless against vulnerability about their sexual convictions and good values. A study demonstrated that expanded presentation to explicitly unequivocal Internet material expanded positive dispositions toward sexual investigation with others outside of marriage and diminished conjugal duty to the next spouse. A study by Todd G.

Morrison, educator of brain science at the University of Saskatchewan, and associates found that young people presented to elevated amounts of sex entertainment had lower dimensions of sexual self-esteem. Based on a national longitudinal overview of 12 to 17 olds, Dr. Rebecca Collins et al detailed that youths who saw increasingly sexual substance on TV were bound to start sex and advancement to further developed sexual exercises over the next year. TV that included just discussion about sex bore comparative outcomes to TV that really delineated sexual conduct.

### **Literature Review**

**Chen, A., Leung, M., Chen, C., Yang, S. (2013)** examined the use of Internet porn materials (IP) by Taiwanese adolescents. The results revealed that 71% of respondents had been exposed to IP; of this group, 41.3% reported only unintentional exposure (UE) and 58.7% reported intentional exposure (IE). Most males exposed to IP were classified in the IE as opposed to the UE group. Compared with the female respondents, male respondents tended to report more intentional IP exposure, longer terms of IP exposure history.

**Hardy, S., Steelman, M., Coyne S., et al. (2013)** examined mediators of relations between adolescent religiousness and porn materials use. The sample consisted of 419 adolescents (ages 15–18 years; *M* age = 15.68, *SD* = 0.98; 56% male). It was hypothesized that religiousness (religious internalization and involvement) would protect adolescents from porn materials use (accidental and intentional viewing) by increasing self-regulation, conservative attitudes towards porn materials, and social control against porn materials. Thus, religiousness may protect adolescents from intentional and accidental exposure to porn materials.

**Kutchinsky, Berl (1991)** uses data on the incidence of rape in 4 societies (Denmark, Sweden, Germany, and the US) where porn materials is widely available. Aggregate data on rape and other violent or sexual offenses in these 4 countries does not seem to have any detrimental impacts in the form of increased sexual violence.

**Padgett, Vernon; Brislin-Slutz, Jo Ann; and Neal, James A. (1989)** studied over psychology students and 20 patrons at an "adult" theater. Multiple linear regressions indicated that hours of viewing porn materials was not a reliable predictor of attitudes toward women in either sample. Patrons of the adult theater, who viewed more porn materials, had more favorable attitudes toward women than male or female college students.

**Popovic, M. (2011)** examined the association between porn materials use and aspects of socioemotional closeness in a non-clinical sample of 164 males. Participants' actual and ideal socio emotional closeness was measured by the Perceived Interpersonal Closeness Scale (PICS; Popovic et al., 2003) while their porn materials use was examined by the Background and Porn materials Use Information Questionnaire (Popovic, 2009). The results showed that there was no significant difference between self-reported porn materials users and non-users in terms of specific socio emotional closeness with the most significant adults in their lives (i.e., partners, closest friends, mothers, and fathers).

### **History of Sexual Presentations**

Since humans came on the earth, they are involved in sexual acts in various ways. Gay or lesbian or bisexual acts are not contribution of this generation. It has

evolved in early centuries. Quran discard people involvement in Gay relationship in era of Hazrat Lut (a.s.), a prophet in Islam. In early centuries sex was represented through images, paintings, engravings on stones, walls and on sculptures etc. Then, sexual acts started portraying on papers, still pictures and motion pictures. Porn materials distribution occurred through film and magazines. Le Coucher was first man who introduced pornographic film production in 1895. With the invention of internet and laptop, access to porn materials in form of digital videos and images instead of physical films and movies has increased manifold. In the 21st century, porn materials have almost become synonymous with the internet which is by far the greatest distributor of pornographic materials. If human depictions of sexuality have been a part of almost all civilizations, then, how is modern day porn material different from sexuality of early era. Firstly, before the invention of the internet, access to pornographic materials was limited in terms of currency, age of viewer and availability of the content. In order to acquire magazines and images, a person would need to physically go out and purchase it. Country and society laws often required that a person be of a minimum age of 18 years in order to purchase pornographic materials, so exposure happened at a much later age. This required considerable effort on their part and so the resulting materials were limited in scope. But, with internet porn materials, the only requirement to find pornographic content is to possess PC or laptop or smart phone. Secondly, between modern day porn materials and previous sexual depictions is the variety and novelty offered on the internet. Earlier, the availability of porn was limited by the size of the magazine and number of images.

### **Impacts of Porn materials**

Pornographic contents impacts humans' neurology, physique, brain and relationship.

#### ***Impact on human neurology***

Porn users have to face anatomical and pathological changes which cause cerebral dysfunction. Due to which they have to suffer from tumors, strokes, and trauma. Fowler *et al.* studied that Patients with traumatic injuries to this area of the brain display problems—aggressiveness, poor judgment of future consequences, inability to inhibit inappropriate responses that are similar to those observed in substance abusers.

#### ***Impact on human physique and brain***

Norman Doidge (2007) argues that porn materials make humans addictive. This psychiatrist noticed this impact on their relationships. He noticed that these men considered their spouse attractive, but the problem is in their arousal. These clients admitted that porn materials use was leading to less excitement during sex. In place of enjoying the act of intercourse, they were forced to imagine any character of porn script. His male clients desire with their sex partners to behave like porn star, enchant them or reach on sexual violence. For reaching their previous level of arousal, they needed more and more extreme porn. The shift of arousal is due to secretion of chemical termed dopamine from brain, which works like neurotransmitter. Dopamine is a normal chemical that is found in the human body. It releases at the time of orgasm during intercourse. The human body develops tolerance to dopamine released while watching porn materials or drug addicts. A different stage in such humans develop during sexual intercourse when there are multiple chemical and hormonal changes that occur before and after the release of dopamine, that stage is different from

orgasm of normal humans. Consequently, it causes a complex interaction in the body which results in it not developing a tolerance to any of the hormones.

Now, the query arises, why porn materials changes behaviour. There is natural capacity of brain of building up a tolerance to what humans perceive, like tolerance to drugs it uses or porn watches. This is why, porn addicts are desirous to view extreme videos in order to become aroused. Thereby, dopamine does physiological as well as behavioural change.

As soon as dopamine enters into body, it causes strong desire. When a person is flooded with dopamine while watching porn materials, the mind associates porn materials and is more likely to repeat watching porn materials. No sooner the rate of return on dopamine is decreasing; higher levels of porn materials are needed to get the same feeling of desire. The chemical dopamine causes desire, not pleasure. Porn addicts complaints that they are not getting any pleasure from watching pornographic materials.

### ***Impact on human psyche***

Pavlov conditioned the dog with ringing the bell. The dog kept on salivating on ringing the bell even in absence of food. The same conditioning happens while watching porn materials. It stimulates the arousal centers in the human brain. Consequently, human brain adjust arousal with any sort of sexual image, object in imagination or a video, rather than a person.

Secondly, as there is no foreplay in porn, only arousal process is there. In porn, sex players only fulfill their physical needs. They have no concern with intimacy and love with the sex partner. Though they use the word love but their pleasure level is zero only desire works. Porn itself is often violent, so it provokes unnatural or violent sex with the partner.

Thirdly, Just as drug addicts use more and intense drugs after certain period as their body are tune to light doses. Likewise porn watchers search more and more violent and ugly porn materials worst than animals after certain time period. They take more interest in watching porn rather sex in real life.

Premature ejaculation is main problem of porn users. Their body is programmed to orgasm quickly; mostly they failed to satisfy their sex partners. Sometimes, they face erectile dysfunction. It is easy for them to release through masturbating or imagining some sexual object rather sex with partner.

### **Conclusion**

Sex is supposed to physically, emotionally and spiritually bond with your spouse. Porn materials enslave humans and break up physical, emotional and spiritual bond among spouse. Some believes that porn is harmless and their justification is that porn relieves frustration and helps people get in the mood have no relevance. There is set human natural process, if anyone disturbs it, their sexual relationship and orgasm disturbs. Human brain is not like a computer, human brain process through chemical and hormonal process. Watching porn materials creates feelings, love, romance and sexual desire. The chemical secretes from brain and hormones dissolve in body. Due to watching porn materials, stage of sexual arousal changes, thereby chemical and hormonal misbalance arises. The shift of porn materials in the modern age from

sexually explicit images in the past has affected enormously on human brain and human behavior.

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